Naval Service Training Command

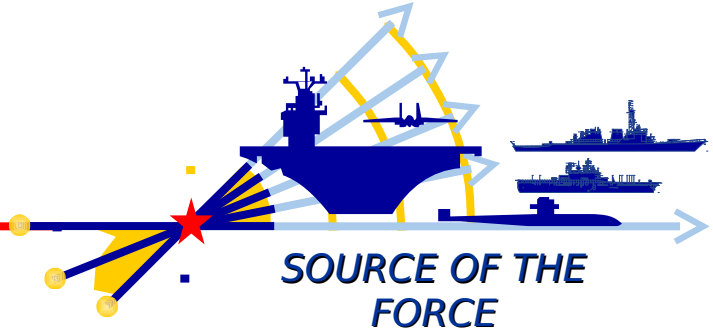
GREAT LAKES ✦ PENSACOLA ✦ NEWPORT

SOURCE OF THE FORCE

NSTC Physical Training Initiatives

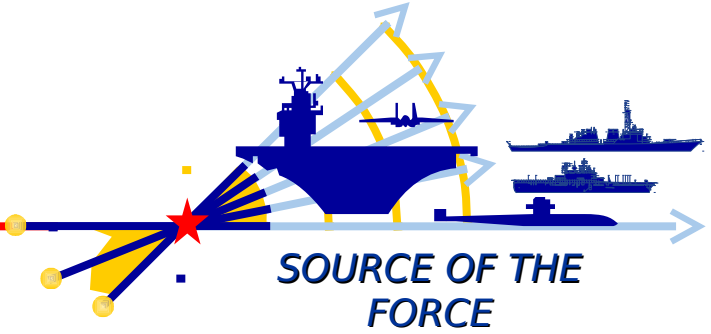
CDR Lanny L Boswell,
PT PhD OCS

Introduction



- **NSTC Strategic plan – Physical Training**
  - **Changing Environment**
  - **Assessment / Challenges**
- **The "PT Continuum"**
  - **Plan**
  - **Program**
- **Implementation**
  - **OCS**
  - **RTC**
    - **BASES – Training for the PFA AND Fleet requirements**

Changing Environment

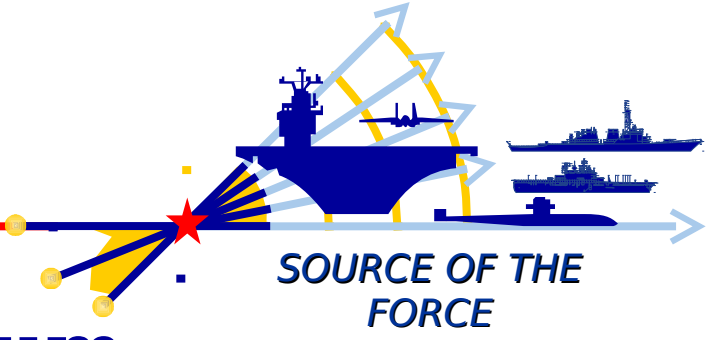


∀↓ **Training timelines**

Fiscal constraints

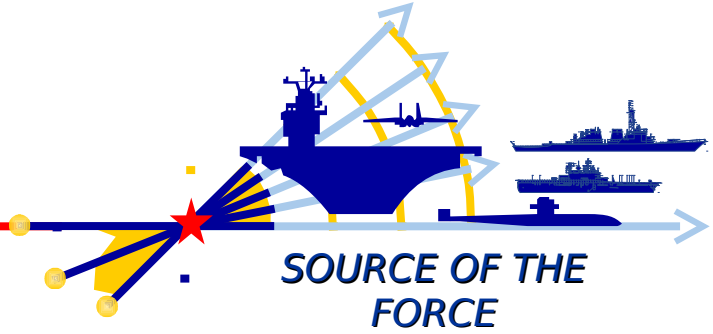
- **Changing trends in youth fitness**
  - **↓ Initial recruit failures**
  - **↓ Physical activity / conditioning levels**
    - **↓ Physical stamina**
    - **↓ Musculo-skeletal hardness or "toughness"**
  - **↑ Weight / obesity levels**
  - **↓ General knowledge of obtaining and maintaining physical fitness**

PT Pipeline Assessment / Challenges



- No standardized curriculum
- Short, disconnected sections of training
- Out-of-date physical training principles
- Self taught PT instructors/ inconsistent application of training
- No system for measuring performance or training related injuries
- Training does not address shipboard physical requirements

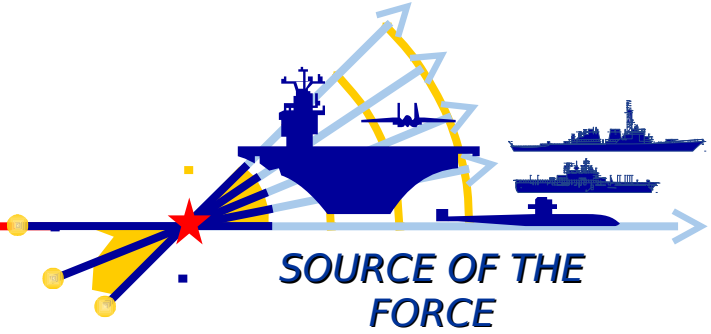
The Paradigm Shift



- **Changing Environment = Changing Requirements**

- **Must Train Smarter!**
  - **Standardized PT training**
  - **New training principles / technologies**
  - **PT Instructor certification / training**
    - **Coaches**
  - **Longer PT training pipeline = Increased Stamina**
  - **Must train for PFA AND shipboard requirements**

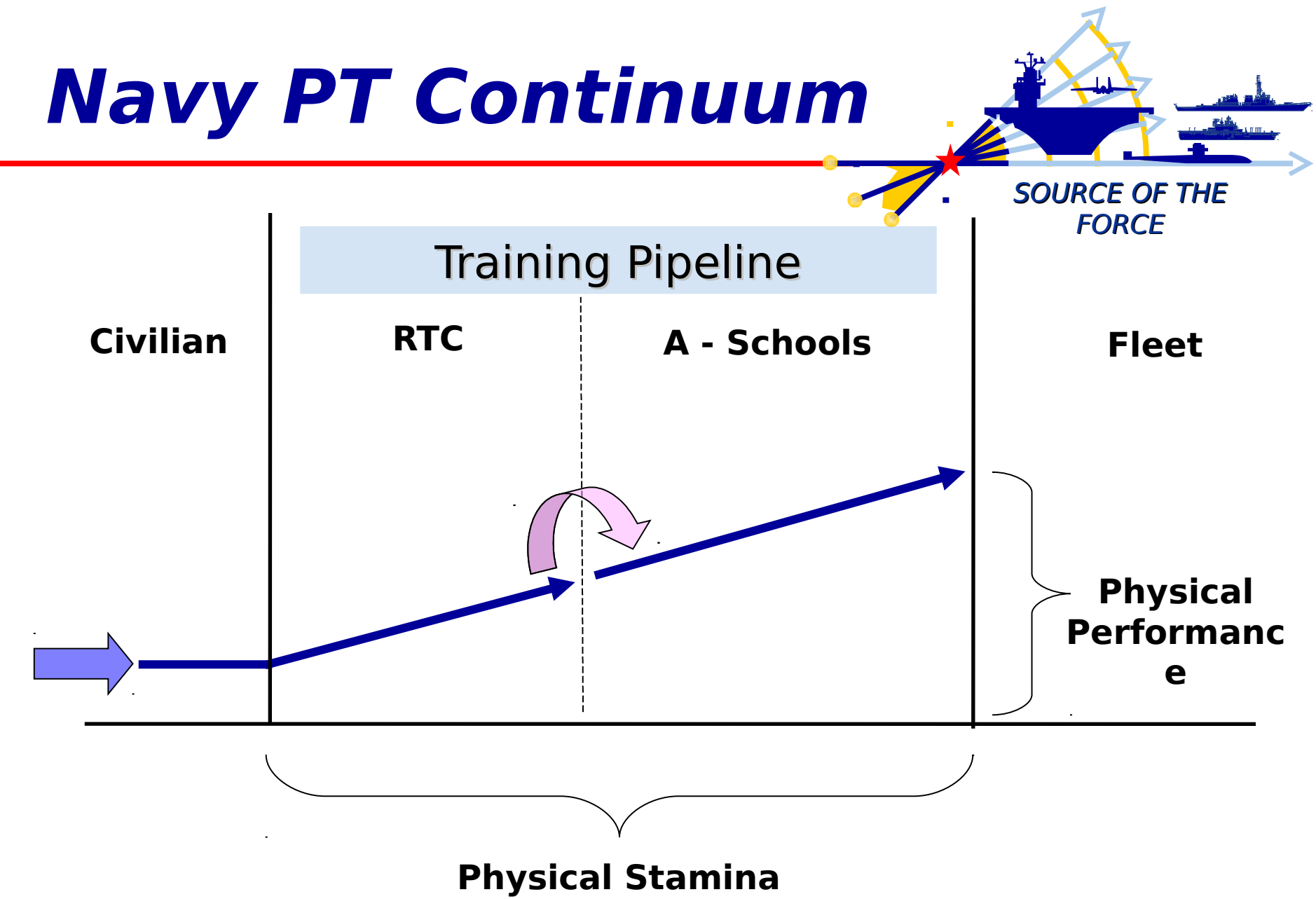
Strategic Plan for Physical Training



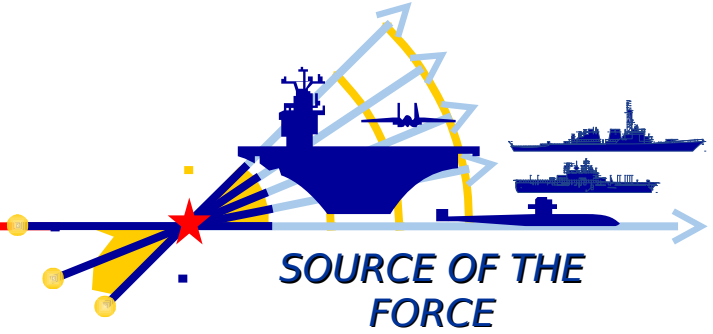
The Training "PT Continuum"

- A continuous physical training curriculum throughout the Navy training pipeline
  - Begins at Boot Camp
  - Progresses thru service schools, until the new sailor arrives at the fleet
- NSTC / NPDC collaboration
- Directed at fleet physical readiness requirements
- Integrated with Fleet Development/ Sailor training Continuum (5VM)

Navy PT Continuum



Program Essentials



Fitness Instructors

"Master Fitness Specialist" certification

Develop fitness instructor curriculum to "train the trainers"

Basic fitness instructor skills

Proficiency with this PT continuum program for

The Program

Standardized program Modern scientific principles of physical training

Intensive physical stress and strategic recovery periods - Ability Groups

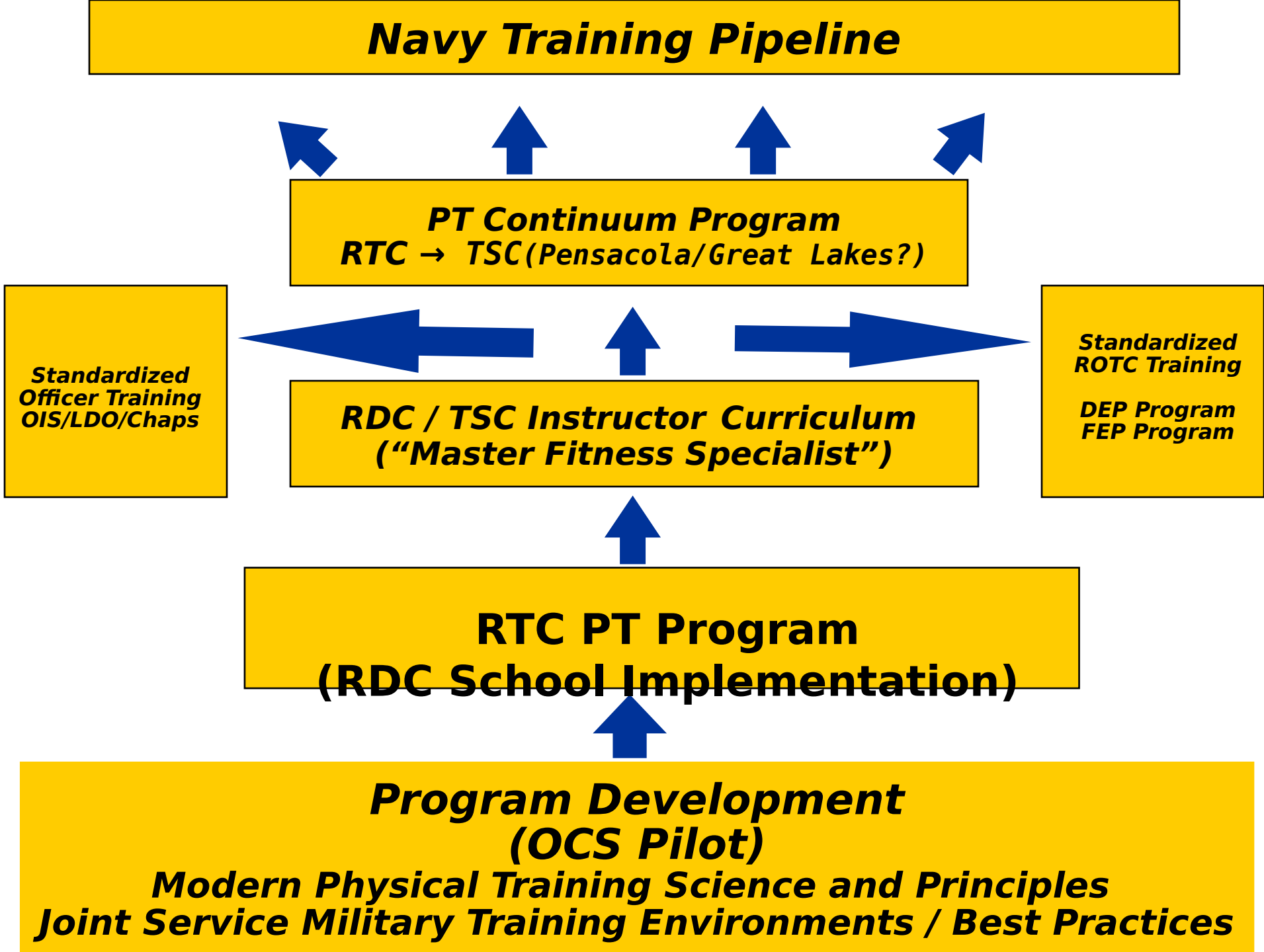
Scientific Progressions of running, strength, agility and

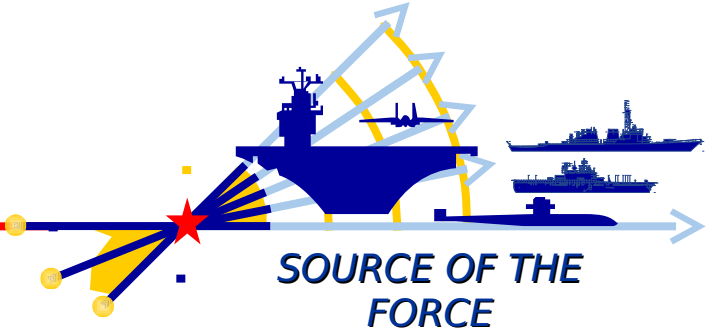
Surveillance System

System for Data collection, analysis and reporting of physical performance and training related injuries

Leadership and trainer visibility - Dashboard reports?

What is the status of our physical readiness program?


Navy Training Pipeline
PT Continuum Program
RTC → TSC(Pensacola/Great Lakes?)
Standardized
Officer Training
OIS/LDO/Chaps
RDC / TSC Instructor Curriculum
("Master Fitness Specialist")
Standardized
ROTC Training
DEP Program
FEP Program
RTC PT Program
(RDC School Implementation)
Program Development
(OCS Pilot)
Modern Physical Training Science and Principles
Joint Service Military Training Environments / Best Practices

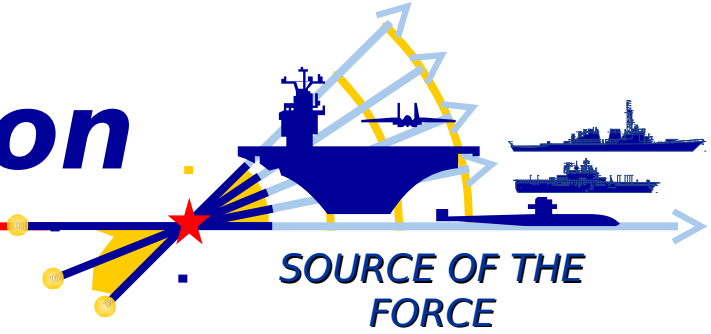


Physical Training Program

Primary Focus:

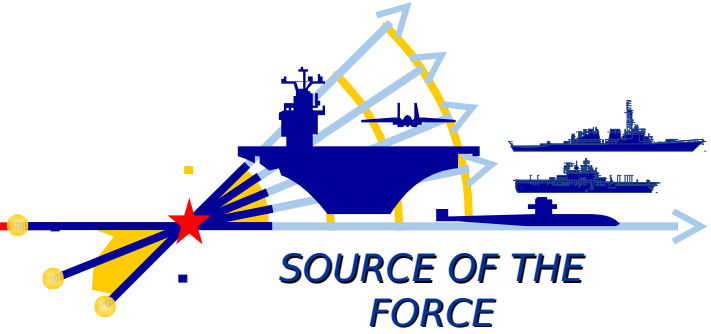
- **Increase physical performance / stamina**
- **Decrease training related injuries**

Program Description



- **Proven and up-to-date scientific physical conditioning principles:**
  - **Large groups of people**
  - **Varying condition levels**
  - **Limited time period.**
- **5-6 day /week**
  - **Running 3x/week, Strength Training 2x/week,**
  - **Fleet Training Events / Leadership Team Building 1x/week**
- **Structured, planned progressions with strategic recovery**
  - **Session, weekly, program length**

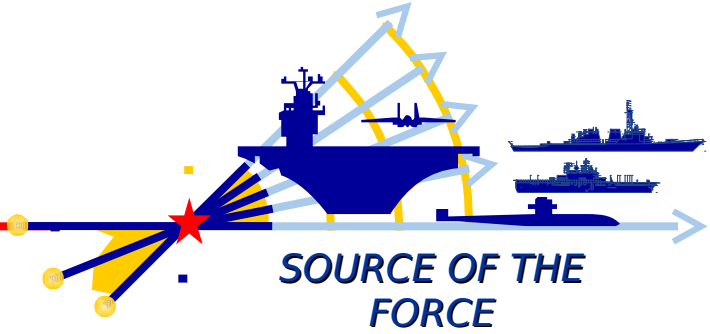
PT Program Characteristics



- **Ability Groups**
  - **Provides for more specific training to individual conditioning levels**
- **Dynamic Stretching / Agility and Coordination Training**
- **3 Running modules**
  - **Sustained / Shuttle / Speed Runs**
  - **(↓ emphasis on running distance and cadence running)**
- **Strength and Conditioning Modules**
- **Fleet Training Events /Leadership and Team Building**
- **“Fitness Tie-Ins”**
  - **Education, Value and Lifestyle habits**

Officer Training Command Pensacola

OTCP Physical Training Initiative



- **Top-to-Bottom assessment (Oct 04)**
  - **All OTCP school house PT programs**

- **PT Working Groups / PT Program Coordinators (Nov 04)**
  - **Create New PT program**
    - **Unrivaled in military training**
    - **Combine Scientific Physical training principles with military environment and rigor**
    - **Develop model PT leader in appearance and performance**

- **OCS PT Pilot (Jan 05)**

OCS PT Pilot Preliminary Numbers

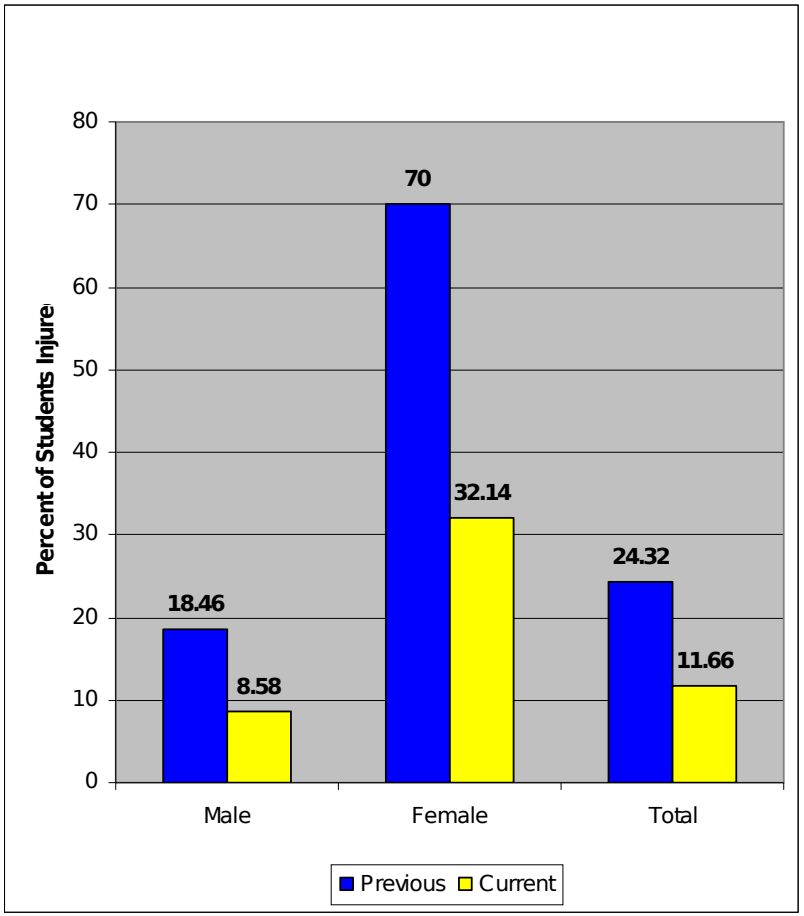
Reduction in Total Training Related Injuries

52% Reduction in Total Injury Occurrence

- **53.5% Male**
- **54.1% Female**

Data Represents OCS candidate population

- **Previous: 2004 (703)**
- **Current: Jan 2005 to 19 Aug 2005 (429)**



OCS PT Pilot
Preliminary Numbers

Reduction in Lower Extremity Injuries

61.5% Reduction in Lower Extremity Injury Occurrence

- **63.2% Male**
- **62.2% Female**

Data Represents OCS candidate population

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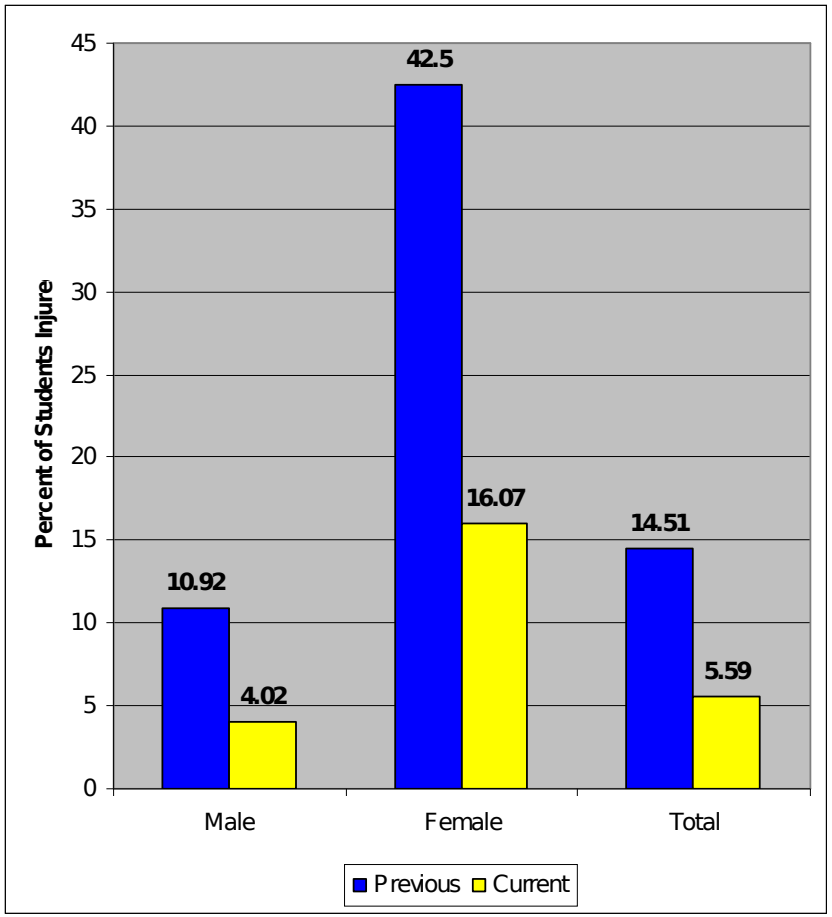
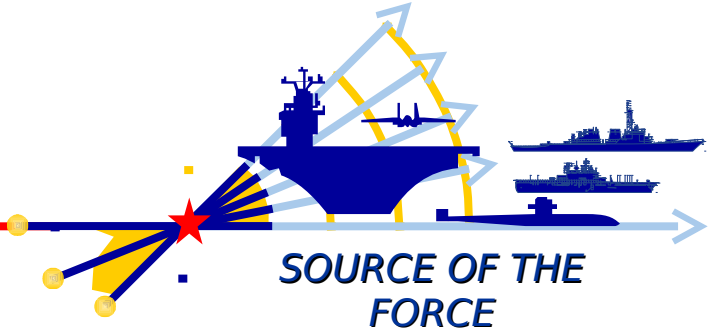
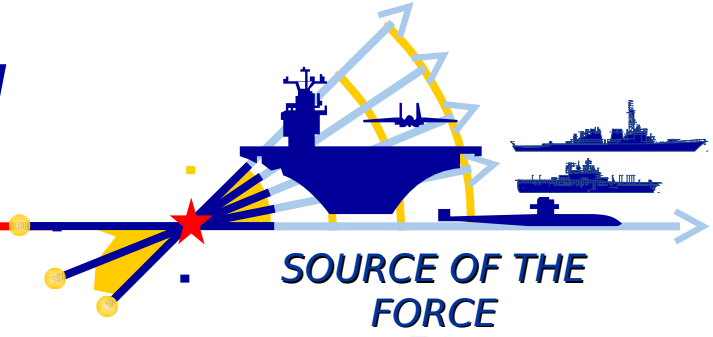




Recruit Training Command Great Lakes

RTC Physical Training Program

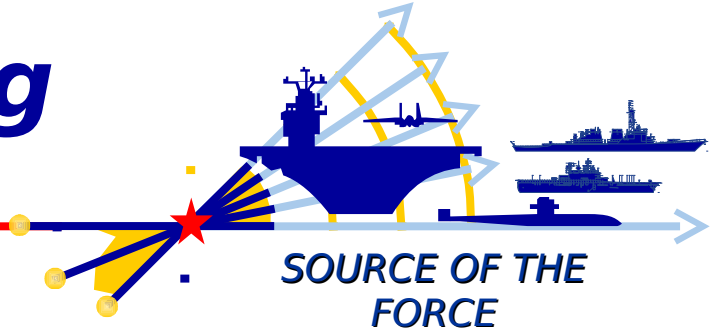


- **PT Working Groups / PT Program Coordinators (Mar 05)**
  - **Curriculum, Logistics, PT leaders, BASES Committees**
  - **Focused on both PFA and fleet physical requirements within limited training schedule**
    - **New PT program**
    - **Supplemental Conditioning Program (BASES)**
      - » **Targeted at functional shipboard activities**
      - » **Preparation for battle stations event and fleet activities**

- **RDC School Implementation (May 05)**
  - **Incorporated curriculum into RDC "C" school**

- **RTC Roll-out (Sept 05)**

RTC Physical Training Focus



Current Training focus: Passing PFA

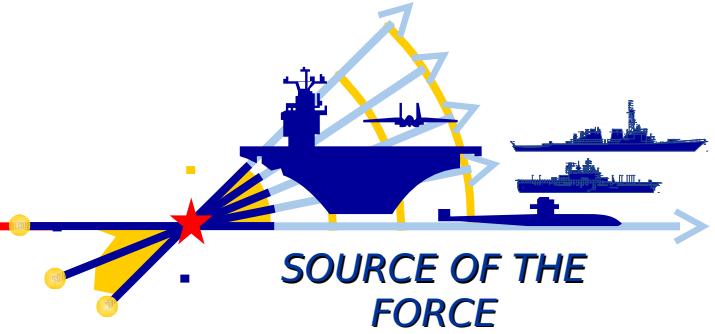
- Navy Standard, Limited Training Time (6wks)
  - Aerobics (Running), Pushing strength (Push-ups), Abdominal strength (Curl-ups)

Vs.

Shipboard Physical Requirements

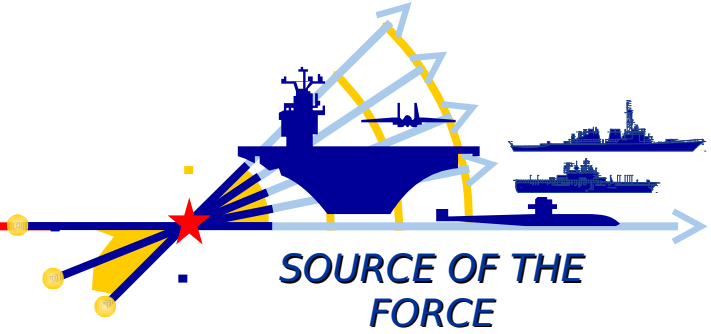
- Physically demanding / rigorous work, Moving decks
- Extended periods of time, Cramped or restricted areas
- Functional Movements:
  - Bending / lifting / pulling / carrying / climbing
- Physical Requirements:
  - Agility / balance / coordination / Anaerobic Strength and stamina

RTC "BASES"



Balance
Agility
Strength
Explosion
Speed

RTC BASES
Components



Circuit Training Evolution

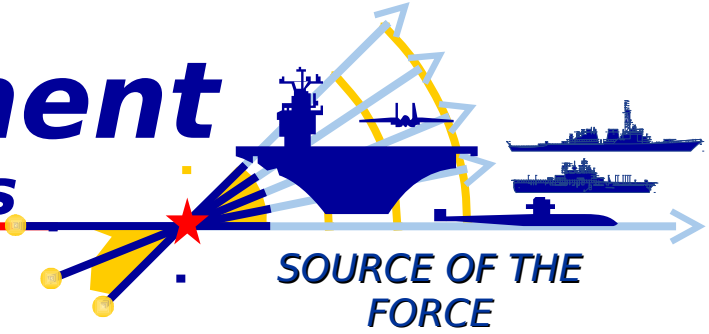
- 14 stations
- 12 Recruits per station/ paired up (team building)
- 3 minutes per station and rotate
- Self paced but encouraged to do your best
- RDCs will coach at all times

Logistics

- Every Saturday in Freedom hall
- 2 divisions (144 recruits) per track

BASES Development

Meeting Fleet Requirements



Physical Activities
(required in the fleet)

- UNREPS
- On-loads
- Damage control
- General quarters
- Line Handling

Physiological Functional Components

- Bending
- Lifting
- Carrying
- Pulling
- Climbing

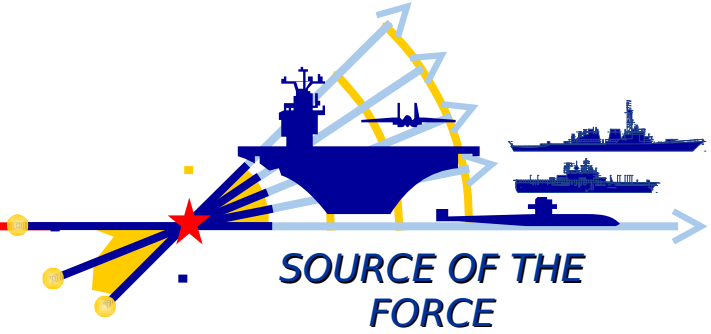
Specific Training Exercise/Modules

- Functional conditioning activities (Battle Stations)
- Balance, Strength, Agility, coordination
- An-aerobic Strength training

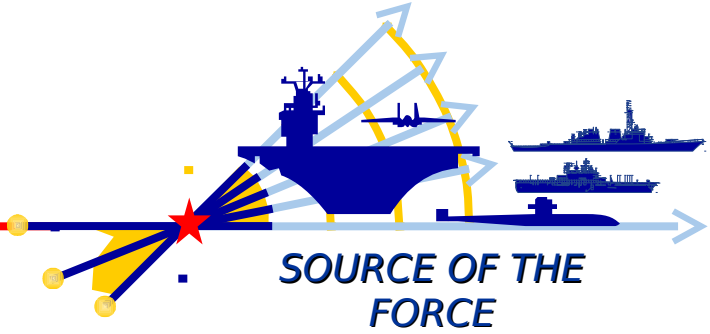
14 stations

1. **Track** - explosion/strength
2. **Chins** - pulling / climbing strength
3. **Jump rope** - agility/stamina
4. **Fireman Carry** - Lifting / strength / stamina
5. **Fireman Carry** - Lifting / strength / stamina
6. **Step up box** - agility / balance/ coordination strengt
7. **Hydration station** / recovery
8. **Agility Rings** - agility/coordination / stamina
9. **Line handling** - pulling strength
10. **Line handling** - pulling strength
11. **Stores on load** - coordination / lifting strength/star
12. **Dips** - climbing strength
13. **Rubber bands** - lifting strength
14. **Track-explosion** / strength

The Way Ahead



NPDC Hand-off and Fleet Development Integration



Questions?

Lanny L Boswell PT PhD OCS
CDR MSC USN
Director for Medical Research
Sports Medicine Researcher/ Physical Training Analyst
Strategic Analysis (N5)
Naval Service Training Command
(847) 688-7600 ext 35
DSN 792-7600 ext 35
lanny.boswell@navy.mil